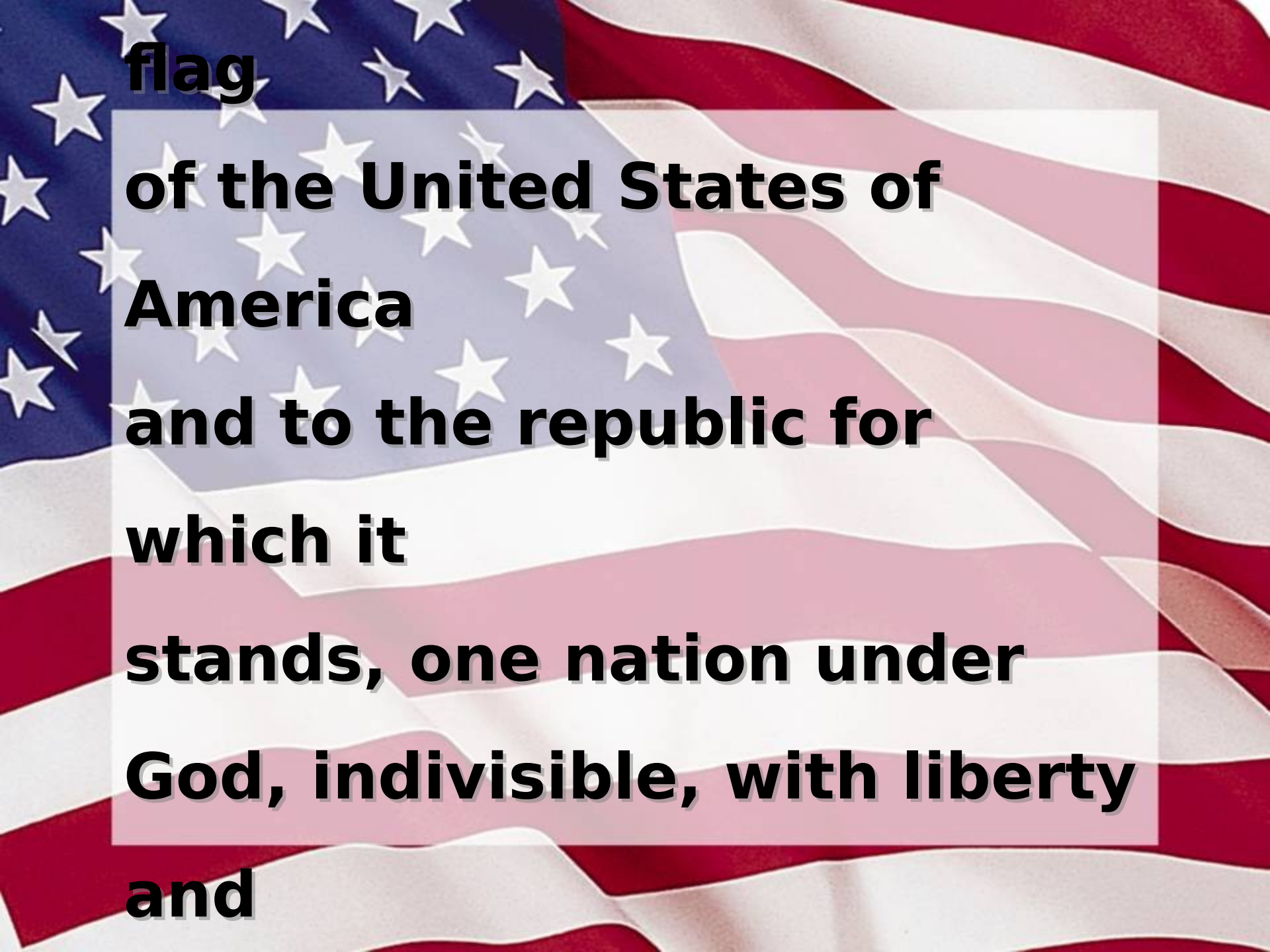
INFORMATION EXCHANGE

05 August 2015

GUARDIANS

"SUPPORT AND DEFEND!"

Fort Campbell, Kentucky


flag
of the United States of
America
and to the republic for
which it
stands, one nation under
God, indivisible, with liberty
and

MOMENT OF SILENCE

AGENDA

- **Special Briefs**
  - DODEA Back to School Information — Rhonda Welliever
  - School Crossing Zones — Chief Shumate
  - School Sports Physicals — COL Telita Crosland
  - Enhancing your Child's School Performance — Tiffany Simms
  - ACS Army Family Team Building (AFTB) — Casey Cloud
- **Agency Briefs**
- **Closing Remarks**

Special Briefs

DODEA Schools

Rhonda Welliever
Rhonda.Welliever@am.dodea.edu

DODEA Schools

OPEN HOUSE DATES:

July 31	**Barkley, Barsanti, Jackson, Lincoln, Lucas**	**Grades K-5**	**3:30 – 5:00**
Aug 18	**Wassom Middle School**	**Grades 6-8**	**4:00 – 6:00**
July 29	**Mahaffey Middle School**	**Grade 6th**	**3:00 – 4:00**
July 30	**Mahaffey Middle School**	**Grade 7th 3:00/Grade 8th 4:00**	
Aug 11	**Fort Campbell High School**	**Grades 9-12**	**5:00 – 7:00**

FIRST DAY FOR STUDENTS GRADES K-12 AUG 3

FIRST DAY FOR PRE-K STUDENTS AUG 17

SCHOOL HOURS:	**ELEMENTARY K-5**	**8:30 – 3:15**	**TUES:**	**8:30 – 2:00**
SCHOOL HOURS:	**PRE-K AM SESSION**	**8:30 – 11:15**	**TUES:**	**12:15 – 2:00**
SCHOOL HOURS:	**PRE-K PM SESSION**	**2:15 – 3:15**		
SCHOOL HOURS:	**MIDDLE AND HS**	**7:25 – 2:35**	**TUES:**	**7:25 – 1:20**

EARLY RELEASE DAY: Tuesday of each week

DODEA Schools

FREE and REDUCED lunch applications must be completed each school year.
The Applications are on line, located at www.LunchApplication.com and click apply now.
ONLY ONE APPLICATION IS REQUIRED PER HOUSEHOLD

For more assistance call 270-640-1233

FULL PAID BREAKFAST: $1.65	**FULL PAID LUNCH: $2.25**
REDUCED BREAKFAST: $ .30	**REDUCED LUNCH: $ .40**

IMMUNIZATIONS: Immunization certificates may be obtained at your child's primary care clinic.
Red, White, Blue or Young Eagle clinics at Blanchfield Hospital. Please check with your clinic for appointment hours.

For families transitioning to a new duty station and enrolling in DoDEA schools for the first time, there is a provision, allowing a 30-calendar day grace period for parents/students to meet immunization requirements for school enrollment. The intent of this provision is to avoid any interruption in the transferring student's education.

Installation Provost Marshal Office

Maj. Keith Shumate

270-956-3360

keith.w.shumate.civ@mail.mil

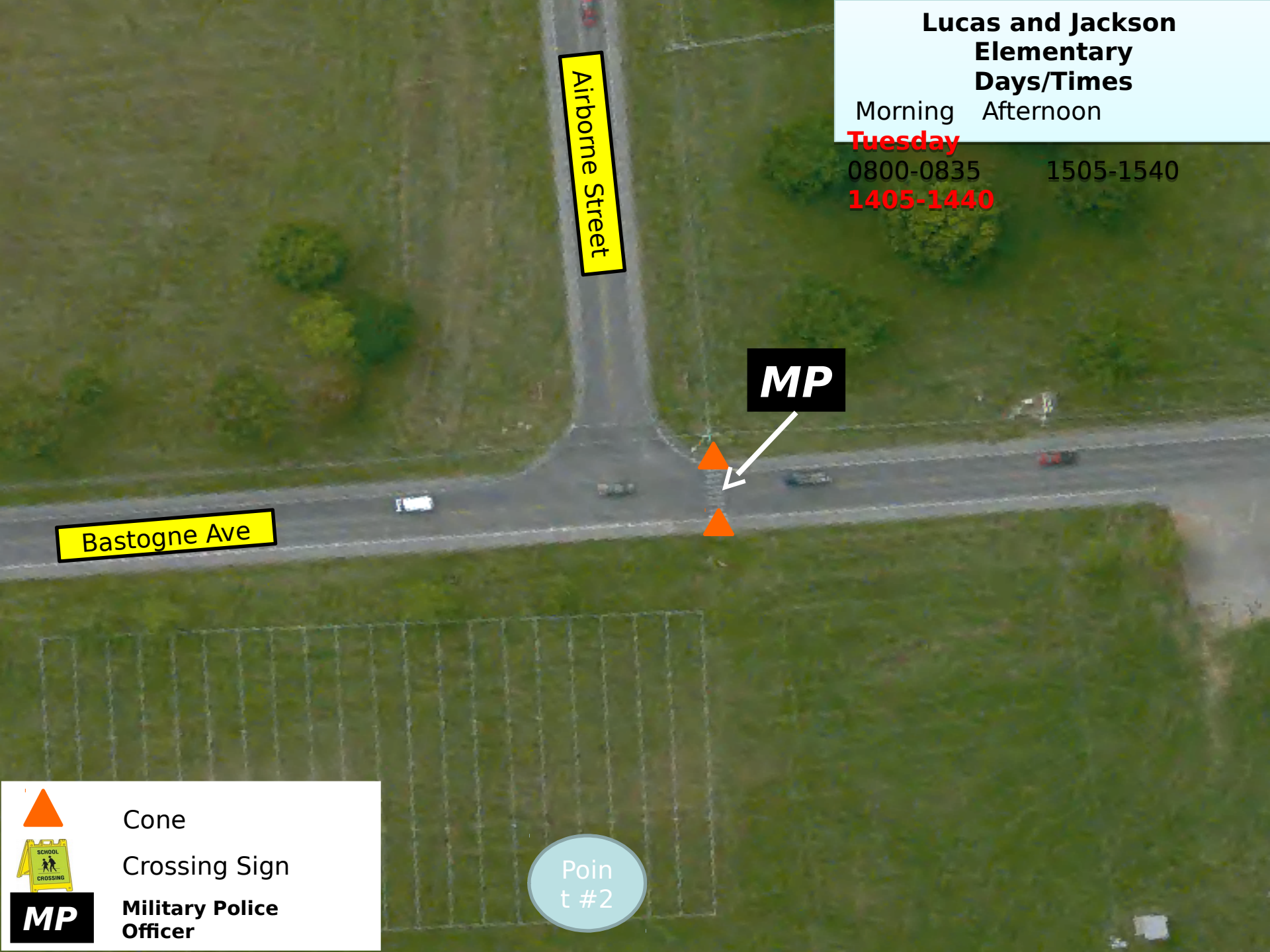
Installation Provost Marshal Office

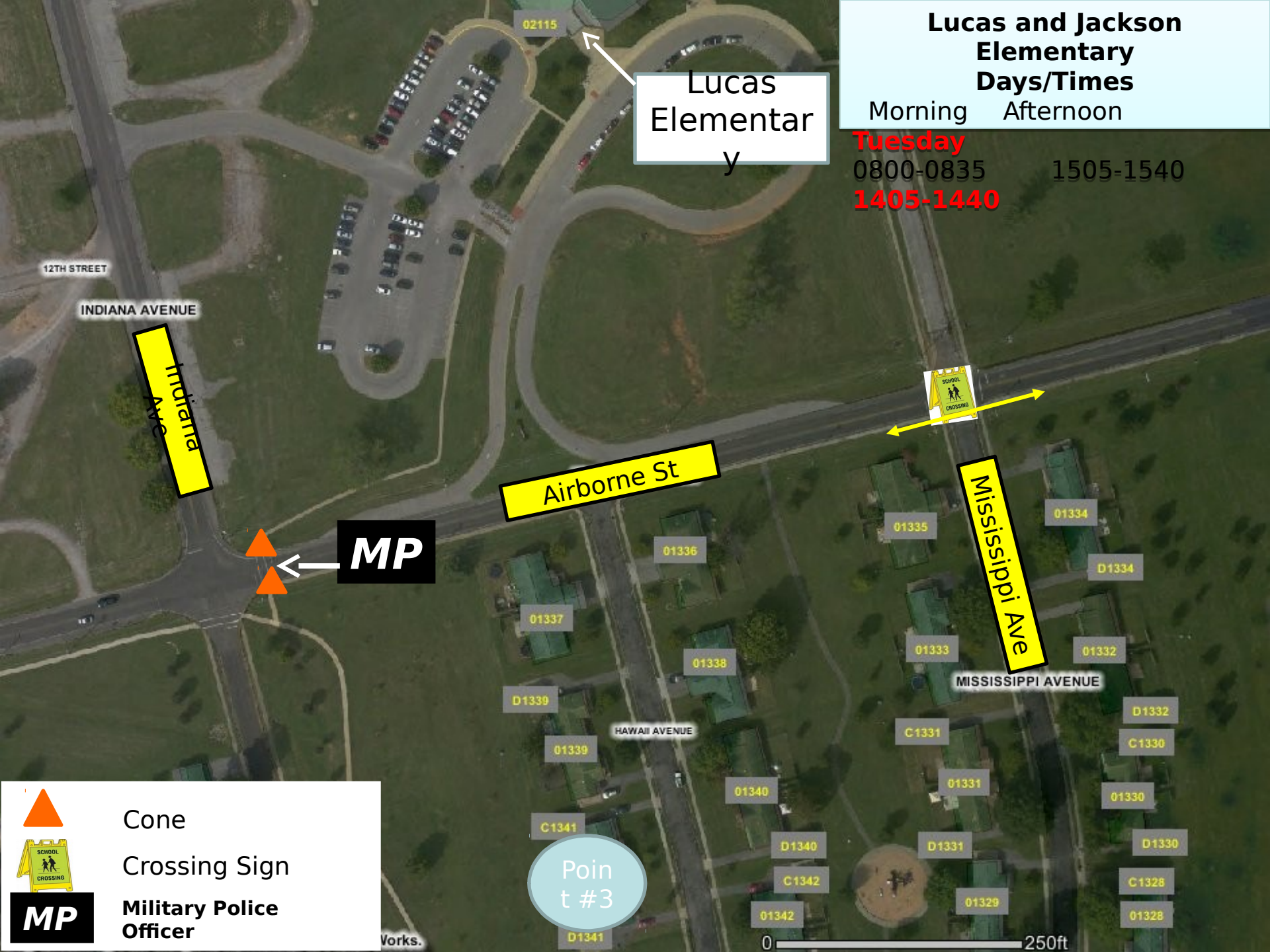
“Please Watch for Children”

School Crossing and School Zone Enforcement

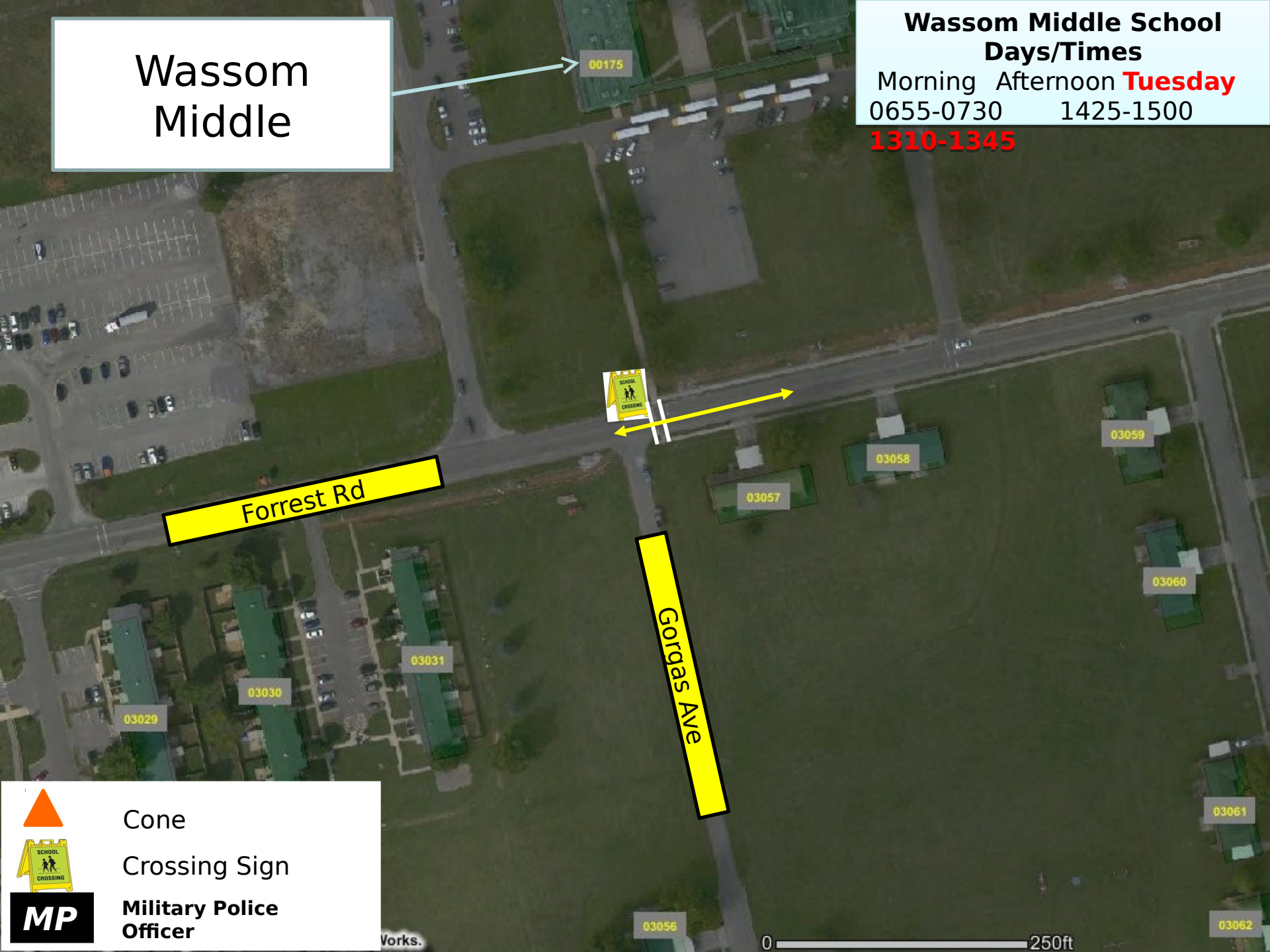
- “No Tolerance”- Military Police (MP) Patrols targeted Traffic Enforcement in the School zones
- Parents and students must obey all traffic/pedestrian control devices and adhere to the direction of the MP Road Guards
- Parents should discuss with their children the importance and necessity of utilizing designated School Crossing locations ONLY
- Parents should discuss with their children safety matters such as the dangers associated with the talking on cell phones and/or texting while crossing the street
- Drivers will be cited for parking/stopping in unauthorized student drop off locations

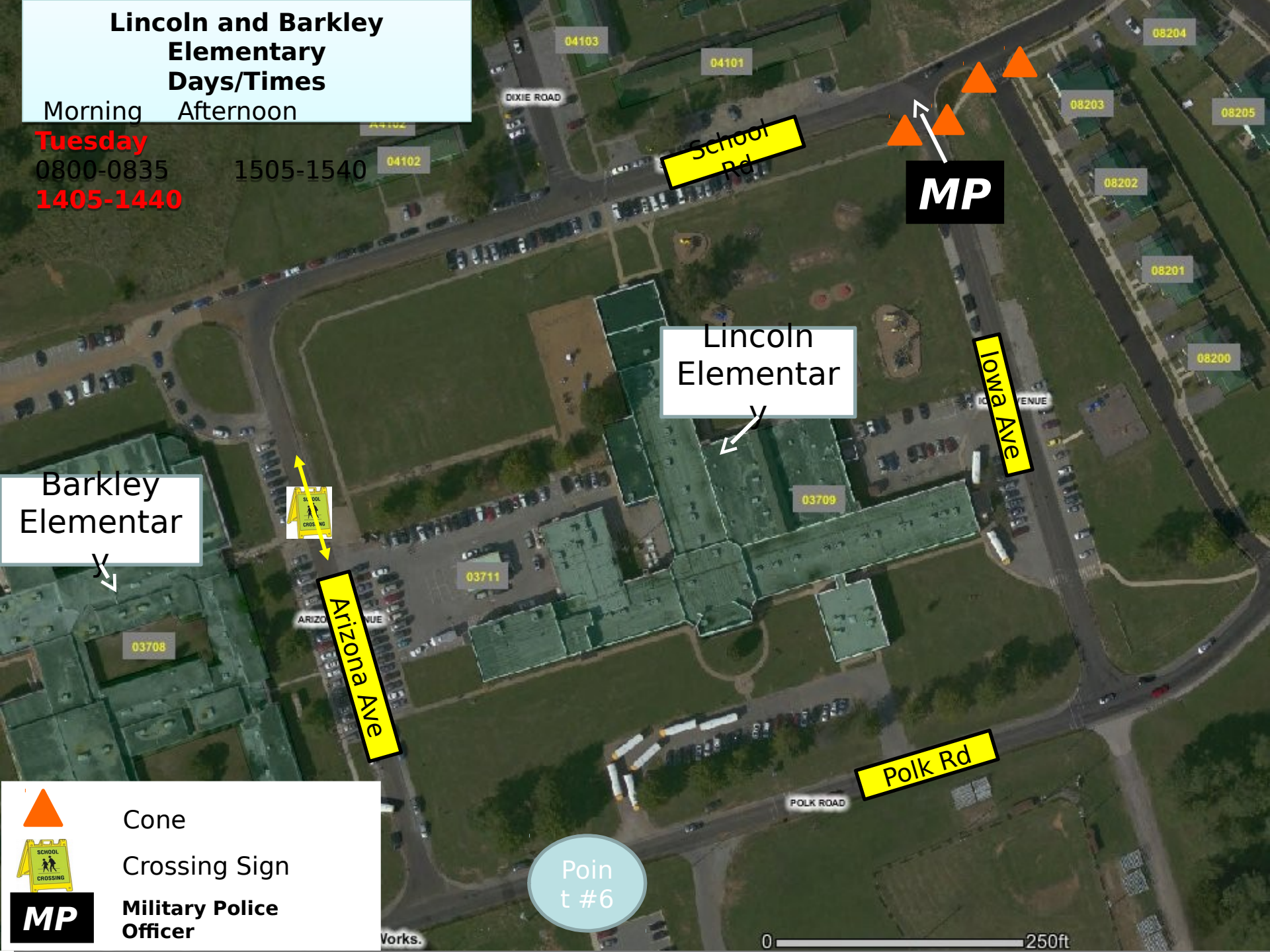
Barsanti Elementary
Days/Times
Morning Afternoon
Tuesday
0800-0835 1505-1540
1405-1440
McAuliffe Loop
McAuliffe Way
McAuliffe Drive
MP
SCHOOL CROSSING
Poin t #1
Cone
Crossing Sign
Military Police Officer


Lucas and Jackson Elementary
Days/Times
Morning
Afternoon
Tuesday
0800-0835
1505-1540
1405-1440
Airborne Street
MP
Bastogne Ave
Cone
Crossing Sign
MP
Military Police Officer
Poin t #2


Lucas and Jackson Elementary Days/Times
Morning Afternoon
Tuesday
0800-0835 1505-1540
1405-1440
Lucas Elementary
02115
12TH STREET
INDIANA AVENUE
Indiana Ave
Airborne St
MP
Mississippi Ave
MISSISSIPPI AVENUE
HAWAII AVENUE
01334
01335
D1334
01336
01337
01333
01332
01338
D1339
D1332
C1331
C1330
01339
01331
01340
01330
C1341
D1340
D1331
D1330
C1342
C1328
01329
01342
01328
D1341
Point #3
0
250ft
Cone
Crossing Sign
Military Police Officer
MP

Wassom Middle School
Days/Times
Morning Afternoon Tuesday
0655-0730 1425-1500
1310-1345
Forrest Rd
Summer Park
3032
357
356
355
FOREST ROAD
REED AVENUE
Reed Ave
MP
Wassom
Middle School
Hammond Heights
Poin
t #4
Cone
Crossing Sign
Military Police
Officer


Wassom Middle
Wassom Middle School Days/Times
Morning Afternoon Tuesday
0655-0730 1425-1500
1310-1345
00175
Forrest Rd
Gorgas Ave
03029
03030
03031
03056
03057
03058
03059
03060
03061
03062
SCHOOL CROSSING
Cone
Crossing Sign
MP
Military Police Officer
0
250ft


Lincoln and Barkley Elementary Days/Times
Morning Afternoon
Tuesday
0800-0835 1505-1540
1405-1440
School Rd
MP
Lincoln Elementary
Iowa Ave
Barkley Elementary
Arizona Ave
Polk Rd
DIXIE ROAD
POLK ROAD
04103
04101
04102
08204
08203
08205
08202
08201
08200
03709
03711
03708
Point #6
Cone
Crossing Sign
Military Police Officer
0
250ft

Blanchfield Army Community Hospital

COL Telita Crosland

270-798-8041

telita.crosland.mil@mail.mil

www.facebook.com/BACH.Fort.Campbell

Blanchfield Army Community Hospital

Command Philosophy:

We are privileged to serve the most deserving beneficiary population. We accomplish our mission by valuing our team and partnering with you to deliver the safe quality health care you deserve.

Blanchfield Army Community Hospital

School and Sports Physical available now!

- Who:
  - BACH enrolled TRICARE Prime beneficiaries
  - ages 4 to 22
  - during regular medical home hours

- How:
  - Call 270-798-4677 or 931-431-4677 to make an appointment
  - The Army's Secure Email Messaging System powdered by RelayHealth
  - www.tricareonline.com

- Where:
  - **Air Assault Family Medical Home** (Teams Apache, Blackhawk, Comanche & Huey – BACH "C" Building, Patient Entrance 650 Joel Drive)
  - **Byrd Family Medical Home** (7973 Thunder Boulevard Fort Campbell, KY 42223 (Near Gate 10)
  - **Young Eagle Medical Home** (Teams Flight and Soar – Building T-9169, Oklahoma Avenue, Temporary Bldg. beside BACH's "C" Bldg., overflow parking area)
  - **Screaming Eagle Medical Home** (Medical Office Building One 647 Dunlop Lane, Suite 301, Clarksville, TN 37040)

Fort Campbell, Kentucky

Blanchfield Army Community Hospital

School and Sports Physical available now!

- Who:
  - Network enrolled TRICARE Prime beneficiaries
  - May schedule an appointment with their network PCM
  - Seven Saturday School and Sports Physical appointment dates offered this summer, one remaining at YEMH
    - Aug. 15 School and Sports Physical Saturday
    - Time: 8 a.m. to 4 p.m.

- How:
  - Call 270-798-4677 or 931-431-4677 to make an appointment

- Why:
  - To allow TRICARE Prime network beneficiaries to receive a sports physical without incurring a cost. Sports physicals are not a TRICARE covered benefit for beneficiaries assigned to a network PCM

Blanchfield Army Community Hospital

- **Who needs routine physical exams:**
  - any child entering Christian County or Clarksville-Montgomery County schools for the first time
  - any student participating in school organized sports
  - any youth participating in Fort Campbell's organized sport programs
  - any adolescent who enrolls in the 6th grade in Christian County or Fort Campbell Schools
  - any adolescent who is entering the 7th grade in Tennessee

- **TN requirements to enroll child in child care or school:**
  - An official Tennessee Certificate of Immunization is needed for the following:
    - children 4 years old and above who start pre-school
    - pre-Kindergarten
    - Kindergarten
    - 7th grade
    - new students starting school in Tennessee for the first time

- If your child had a school physical within the last 12 months, it is not necessary to receive another physical. Contact your child's care team to have the required school forms completed. Paperwork may take up to three business days.

Community Health Promotion

Helping the Army Community to improve their quality of life, health, wellness, and well-being.

Tiffany Simms, HPO

270-798-3846

tiffany.a.simms5.ctr@mail.mil

Meghan Williams, HPPA

270-412-5366

Meghan.l.williams4.ctr@mail.mil

Help Keep Your Child Healthy Through Exercise And Physical Activity!

FACT: Your Child Needs Regular Activity to be Healthy!

Did you know that children ages 6-17 should have 60 minutes per day of activity for good health? This can be from organized sports, unorganized play, family exercise and activities, or any combination of those! Boys should have approximately 13,000 steps per day and girls should have about 11,000 steps per day of activity.

FACT: Weight Training is Safe and Healthy for your Child

Parents often ask, "should my child do resistance or strength training?" Yes! Strength or resistance training can be introduced when a child is ready for sports activities (usually around age 7 or 8) and should be performed 2 or 3 times a week to increase strength and contribute to fitness. Weights should be light and progressed slowly to avoid injuries. Both the American College of Sports Medicine (http://bit.ly/1nCTBaO) and the National Strength and Conditioning Association (http://bit.ly/W6LXey) recommend resistance training as being safe for children and adolescents.

FACT: Exercise and Activity Improve Academic Performance and Reduce Stress

Did you know that physical activity and exercise can reduce symptoms of depression and anxiety in children, as well as improve academic performance? Physical exercise and activity has a positive effect on the brain's health and function as well as the body's fitness.

FACT: Exercise Should Be a Part of Weight Management for Your Child

Activity and exercise will definitely be helpful in maintaining a healthy weight for children and for helping overweight children lose weight. It's important to remember that it takes more than exercise to maintain a healthy weight, and changes in diet and eating habits are the most important thing you can do for healthy body weight. Ask your healthcare provider if you are concerned about your child's weight.

How Can I Help My Child be More Active?

- Reduce screen time (TV, computer, video games, and phones).
- Take a family walk after dinner.
- Play at the park or go for a family bike ride or hike.
- Explore opportunities to learn a new activity (such as martial arts, dance, or yoga).
- Volunteer for your child's sports team or physical activity event.
- Invite them to take part in your physical activity.

Where Can I Find Out More?

- The First Lady's 'Let's Move' campaign: http://www.letsmove.gov/
- Youth Physical Activity Guidelines Resources at the Centers for Disease Control and Prevention: http://1.usa.gov/UaKnqL

Get the Facts!

Learn How Sleep, Activity, and Nutrition Can Positively Influence Your Child's School Performance

Acedemic Performance

- It feels good to do well in school. Did you know that children who are more active score better on tests and get better grades? Help your children choose some fun activities and have them choose an activity where they have to be active for at least 60 minutes every day! This equals about 11,000 to 13,000 steps a day and also can improve their grades!
- Did you know that children who get the right amount of sleep for their age, tend to do better academically. Their moods, balance and coordination are generally better and they think more clearly and remember things better too!
- Providing your children with good nutrition supports their ability to think and learn. The USDA's "MyPlate" is a great resource to easily understand how to achieve this goal.

Physical Health and Performance

- Developing an active lifestyle when we are young has lifelong benefits. We know children who are active from a very early age have lower rates of injury, better bone health, and are less likely to become overweight or obese as adults.
- Putting your children to bed at night so they get enough sleep benefits everyone! You get a little more time to yourself and they get more sleep and positive benefits to their mental, emotional, and physical growth and development. We know sleep-deprived children are at higher risk for being overweight or obese. Not convinced? Without enough sleep, it is harder for children to produce enough of the hormones they need to promote normal growth and it takes longer for those cuts and bruises to heal!
- A well-balanced diet reduces a child's risk of being overweight or obese. It strengthens their muscles and bones, and it improves their overall energy levels.

Behavior

- We can all move more throughout the day! Encourage your child to get 60 minutes or more of play and activity during the day. This reduces stress and anxiety in children. Children who are well rested are just more fun to be around! They tend to cooperate more, have better control over their emotions and are typically more motivated throughout the day. Sleep contributes to their ability to pay attention more and therefore they are able to do better in school.
- Take the time to help kick-start your child's day with a healthy breakfast. A good breakfast can improve their mood and attitude and help them to stay focused in class longer.

Kids Back in School?
Volunteer Opportunities Available!

Spouse Master Resilience Training (SMRT)

CSF2 is a holistic fitness program that equips members of the Army Family with knowledge, skills and abilities to be resilient when faced with a challenge. CSF2 helps psychologically healthy people to understand adversity and bounce back from stressful events.

Selected spouses will attend all components of a Master Resilience Training course (MRT). Upon completion of training they will receive a training certificate and are encouraged to formally and informally teach MRT skills to other Family Members, Soldiers and DA Civilians. SMRTs may assist with unit resilience community events and are encouraged to participate in teaching components of Comprehensive Soldier and Family Fitness (CSF2) at any training events.

A qualified SMRT should have longevity as a spouse on the installation. She/he should have effective oral presentation skills, passion for the CSF2 program concepts and a desire to teach/mentor others. Prior volunteer experience is helpful but not mandatory. Additionally, in order to be selected for the training, spouses must be able to attend all 10 days of the training course, fill out volunteer paperwork provided by their local Army Community Services (ACS) and receive orientations from ACS volunteer coordinators.

The next training opportunity is 3-14 AUG 2015. For more information, please contact the CSF2 Training Center at 270-412-5390.

Fort Campbell, Kentucky

Army Community Service
Army Family Team Building (AFTB)

Casey Cloud
270-798-4800
ftcampbellaftb@gmail.com

Fort Campbell, Kentucky

Command Team Spouse Course

September 16th, 0900-1500 FRC

- Identify the information needed to take on the role of an informed, involved, productive, and proactive member of the Command Team
- Describe the options and resources available to take on this role
- Develop skills needed to take on this role
- Become familiar with community resources to support this role
- Gain realistic examples and interact with former/current service members and Spouses of Command Team

For more information please call (270)798-4800

Post Wide Ball Etiquette Class

September 22nd, 1000-1400 Cole Park Commons
No cost
Food will be provided
Come learn about the appropriate ball attire, receiving line, seating, table setting, rendering honors, toasting, and additional tips and tricks to make your military events memorable.

For more information please call (270)798-4800

Organizations/Agency Briefs

1 MWR (ACS, CYSS)
- BACH
- School Liaison
- Fort Campbell Schools
- Chaplain
- Directorate of Emergency Services (DES)

2 The Exchange
- Commissary
- Campbell Crossing, LLC
- Education Center
- Department of Public Works (DPW)

3 Fort Campbell Spouse Club

4 Christian Co. Military Affairs
- Armed Services YMCA
- Montgomery County
- Clarksville Chamber of Commerce
- American Red Cross
- USO
- Installation Convenience Center

5 Operation Homefront
- AUSA
- Public Affairs Office (PAO)
- Ft. Campbell Community Health Promotion Council

LEGEND: Indicates presentations #

Fort Campbell, Kentucky

MWR Marketing

Melissa Schaffner
(270) 798-7535
melissa.a.schaffner.naf@mail.mil

2015 Eagle Challenge Fitness Tour

Functional Fitness, Perez Field, Tiny Tyar Stadium

- August 22
- Preregistration $20, until August 20
- Day of registration $30, 7- 9 a.m.
- Packet pick up at Cole Park Commons on August 21, 11 a.m.- 1:30 p.m.

Trot for the Troops 10K, 5K & Fun Run, Hopkinsville, KY.

- September 12

Go Commando Half Marathon, 5K & Fun Run, Clarksville, TN.

- October 17

MWR

Beach Bash Pool Party

August 8, 10 a.m. to 5 p.m.
Baldonado Pool
$5 per person, age 2 and under free.

Operation Rising Star

Video auditions due by Aug 14
first performance at the Zone on Aug 28
age 18+ only Soldiers and military Family members

Looking Forward

LT Dan Band Concert
Friday, September 4
Free
Division Parade Field

Princess Hero Dance Party
Saturday, September 12
1:30 p.m. to 3:30 p.m.
Cole Park Commons
$5 each for age 2 and over. Under 2 is free.
Ticket sales at Leisure Travel Services.

The Exchange

Steven Martin
AAFES General Manager
270-439-1846
Martinsj@aafes.com

Fort Campbell, Kentucky

Exchange

- Repositioning of the Main Exchange has begun. The project is expected to last thru October.
- Aug 1st – Demo and specials on Lifetrak, Jabra
- Aug 8th New Release of JORDAN athletic shoes “NIKE AIR JORDAN SUPERFLY 4”
- August 21st. Come meet up and coming country music star Adley Stump recently featured on “The Voice”. She will be at the Main PX signing bottles of “Little Black Dress” wine from 1500-1700 and will be performing a mini concert at the Wilson Theater at 1800 with an additional signing after the show.
- September 12th. Come kickoff the new football season with the Budweiser Long Bomb Contest. Contact the Main Exchange for more details.

For more information you can contact 270-439-1841

Services

- Need a Drink or Snack machine at your location, call the Fort Campbell Exchange services office at 270-439-1889 for more information.

- The exchange will partner with MWR and host the GM Event. Cars will be on display and also test driving and special savings. There will be food, vendors and much more. The GM event will be August 27 at the Exchange PX.

- Bump and Rump Mini Baby Store is now open at the PX Exchange Mall. All natural items and cloth diapers, wipes and much more.
- Coming in September to the Exchange PX Mall is Sally's Beauty Supply. Stay tuned for more information on grand opening coming soon

- The Nationally advertised pillow, My Pillow, is coming to Fort Campbell Exchange from 9-13 September! Come check out our special prices on pillows and mattress toppers!

- Coming 31 August – 13 September, visit a local express and check out what Nature's Green Car Care Cleaning system has for your vehicle. Free demo's available.

- At the Main Exchange PX from August 11th-16th Cutco Cutler will be offer special discounts on kitchen products, & outdoor accessories in the United States. While here, Cutco will have special military exchange discounts on their entire product line, including 20-35% off sets & 10-20% off individual packages.

For more information regarding concessions please contact Ivy Garcia-Romero at 270-439-1889 or garciaromeroi@aafes.com

Food Court

- Popeye's Chicken: Blackened Chicken Salad returning on 10 August 15
- Wilson Theater: Open for concessions during the US Army Soldier Show on 02-03 August during all 3 shows
- Upcoming movies include "Pitch Perfect 2", Mission Impossible Rouge Nation" Poltergeist", "Terminator: Genisys", "Ted 2" "Jurassic World" and "Entourage
- Anthony's Pizza: America's Favorite Pizza promotion beginning 01 August through 31 Oct 15. Pepperoni, Sausage and Mushrooms!
- Charley's Steakery promotion: Pepperoni Pizza Fries and new Chocolate Chip Cookies through 24 August 15
- Baskin Robbins: Flavor of the Month is "Oreo Malt Madness" and on 31 August $1.31 scoops of ice cream

For more information please contact the
Food Court 270-439-2019

EXCHANGE™

- Click on Apply Now, then search Openings
- Click on United States-Kentucky-Ft Campbell
- All, All, All Click Search, This will take you to the current available job openings at Ft Campbell.
- Select the job your are interested in and click apply for this position.

If you have questions please contact Human Resources Monday-Friday 0730-1600 at 270-439-1849 or 270-439-5513

Fort Campbell Spouses' Club

Jessica Maher / David Daub

Publicity Co-Chairs

info@fortcampbellspousesclub.com

FCSC August Information

Super Sign Up

- Wednesday, August 19, 10 AM-1 PM
- Cole Park Commons
- Membership and Community Info Bazaar
- For more information or for a vendor application contact: **info@fortcampbellspousesclub.com**

Mrs. Gilland and Mrs. Novalis Welcome

- Monday, August 31, 6-8 PM
- Cole Park Commons
- $20
- Open to the community

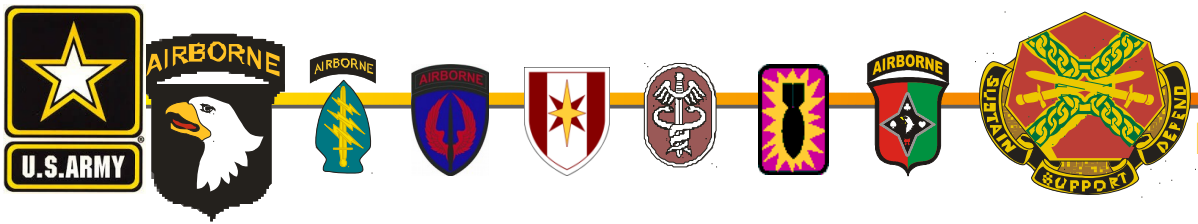
Membership is always open! Visit our website and click on "Membership Application"

Visit our website: **fortcampbellspousesclub.com**

Join our Facebook Group: **Fort Campbell Spouses' Club**

Find us on Instagram: **FortCampbellSC**

Follow us on Twitter: **@FortCampbellSC**



Fort Campbell, Kentucky

Fort Campbell Spouses' Club

Super Sign Up

Membership Drive & Information Fair

Friendship.

Laughter.

Service.

Kindness.

Army life.

Welcome.

Come see where YOU belong!

This event is free and open to the public. No reservations needed!

LOTS of light refreshments and door prizes will be available.

Wednesday, August 19
10 a.m. - 1 p.m.
Cole Park Commons

Fort Campbell, Kentucky

Christian County Military Affairs Committee (MAC)

Katie Lopez

Director of Military & Governmental Affairs

(270) 885-9096

klopez@christiancountychamber.com

Fort Campbell, Kentucky

Upcoming Events & Activities

Christian County Salutes Fort Campbell Week

August 25– CMD/CSM Luncheon
Holiday Inn of Hopkinsville – 2910 Ft. Campbell Blvd., Hopkinsville

August 27– Ladies Luncheon/Tour of Homes
Best Western of Hopkinsville – 4101 Ft. Campbell Blvd., Hopkinsville
Oakland Manor – 9210 Newstead Rd., Hopkinsville

August 28– MAC Gala
Hopkinsville Golf & Country Club – 303 Country Club Ln., Hopkinsville

August 29– Chili Cook-Off/Grill Master Challenge
Downtown Hopkinsville

Military Spouse Leadership Program

- Professional Development, Networking, and Community Investment opportunities
- No residency requirement
- Three Day Program:

  *Day One: Agriculture
  *Day Two: Education
  *Day Three: Community Life

- Graduation Ceremony

Fort Campbell, Kentucky

Fort Campbell Chapter

Association of the United States Army (AUSA)

Katie Lopez

AUSA Board Member

Upcoming Events

Annual Awards Breakfast
7:30 AM, August 20th
Valor Hall Conference and Meeting Center, $10

2nd Tuesday Luncheon
11:30 AM, August 11th and September 8th
Smokehaus at Sportsman's Lodge, $9.75

Skeet Shoot
7:30 AM, September 26th
Fort Campbell Skeet and Trap Range
$5 Active Duty, Guard, Reserve
$35 – All Others

For more information on events, email fortcampbellausa@outlook.com
or visit our Facebook page at facebook.com/ausafortcampbellchapter

Fort Campbell, Kentucky

Remarks

Next Information Exchange

2 September 2015

Thank you ACS for the Refreshments